



FRCS Seniors Outpace Their State and National Peers on SAT Tests

This year's senior class, going against the national and state trend, outperformed last year's senior class, and improved upon their scores from the previous year. Many have also recently taken the exams again, hoping to increase their scores as they finalize their college applications. We are working with the individual students based upon their results, and we have implemented an in-school PSAT program for all sophomore and juniors to assist in preparing them for success on the exams.

	2006	2007	2006	2007	2006	2007
	<u>Reading</u>	<u>Reading</u>	<u>Math</u>	<u>Math</u>	<u>Writing</u>	<u>Writing</u>
FRCS Seniors	513	558	499	535	524	529
State Average	513	513	524	522	510	511
National Average	503	502	518	515	497	494

Area Schools Report Staph Infections, Prompting Awareness Campaign

A recent outbreak of staph infections in area schools has prompted health officials to educate the public on this potentially serious issue.

I have asked Cathy Alix, our school nurse, to provide our families with some pertinent information. The following was developed in consultation with the school's doctor and the Massachusetts Department of Public Health.

Antibiotic-resistant staph infections, usually involving the skin, are showing up more often among healthy people. At any time, 25% to 30% of the population is carrying a type of staph bacteria, while about 1% of the population is carrying methicillin resistant Staphylococcus aureus or "MRSA".

Most people carry "staph" on their skin without symptoms or infection, but if it gets into cuts or abrasions of the skin, it may cause skin infections. These infections usually appear as pimples, boils, or abscesses. These infections often contain pus and may feel itchy and warm. Children who become symptomatic should be seen by a health care provider for evaluation.

Children with MRSA infection may require exclusion from the school setting when lesions are not able to be adequately covered with a dry dressing. However, if lesions can be covered by a dry dressing or clothing, children do not need to be excluded from school.

It is important to understand that MRSA is most frequently spread by direct skin-to-skin contact or with direct contact to wound drainage of someone who is carrying or infected with the bacteria. It is not an airborne virus.

Here are some prevention tips:

- ♦ Washing hands thoroughly and often with soap and water is the best way to prevent getting and spreading staph, and/or use an alcohol-based hand sanitizer, especially after direct contact with another person's skin.
- ♦ Keep cuts and abrasions clean and covered with a bandage until healed. Wash your hands after caring for the area, and carefully dispose of any bandages.
- ♦ Avoid contact with other people's wounds or material contaminated by wounds.
- ♦ Avoid sharing personal items such as towels, washcloths, toothbrushes, razors, soap, ointments, clothing or uniforms.
- ♦ When contact with body fluids is expected, wear disposable gloves and wash hands after removing them.
- ♦ Keep your skin healthy, and avoid getting dry, cracked skin, especially during the winter. Healthy skin helps to keep the staph on the surface of your skin from causing an infection underneath your skin.
- ♦ Contact your doctor if you have a skin infection that does not improve.

The following web sites are suggested for further information:

Center for Disease Control:
http://www.cdc.gov/ncidod/dhqp/ar_mrsa_ca_public.html

Mass. Dept. of Public Health:
http://www.mass.gov/dph/cdc/antibiotic/mrsa_about.htm

Please feel free to contact either Cathy Alix, RN or Marylee Mutrie, RN here at the school with any questions.

Safety Drills to be Conducted Throughout the Year

As you know, we have a strong focus on academic rigor and service learning, yet we take the health and welfare of your children very seriously. It is our first and foremost responsibility as educators to provide a safe learning environment for our students and staff.

Within the next few weeks, we will conduct a lock-down/stay put drill. Similar to last year, the drill will test various components of our readiness and emergency management plan.

These and other drills will continue throughout the year with the cooperation of the Foxboro Police and Fire Departments.

Thank you!